



Rhode to Health

IT'S YOUR CHOICE!

Fast Reference for Fast Food

If you choose to eat fast foods, remember that some choices are better than others. You want to consider fat, cholesterol and carbohydrate content in your choices, but counting calories is a great place to start...

...and when it comes to calories, what you don't know *can* hurt you.

Check out these comparisons and make *your* choice an informed choice!

Burger King		
Croissan'wich w/sausage, egg and cheese 520 calories	VS.	Croissan'wich w/egg and cheese 320 calories
Double Whopper w/cheese 1070 calories	VS.	Cheeseburger 360 calories
Chicken Whopper 580 calories	VS.	BK Veggie Burger 330 calories
King size French fries 600 calories	VS.	Medium French fries 360 calories
Medium strawberry shake 780 calories	VS.	8 ounces 1% low fat milk 110 calories
McDonald's		
Steak, Egg & Cheese Bagel 700 calories	VS.	Egg McMuffin 300 calories
Crispy Chicken 500 calories	VS.	Chicken McGrill, no mayo 305 calories
Big Mac 590 calories	VS.	Hamburger 280 calories
Super-sized Fries 610 calories	VS.	Small Fries 210 calories
M&M © McFlurry (12 oz.) 630 calories	VS.	Vanilla Reduced Fat Ice Cream Cone 150 calories
Wendy's		
Chicken Breast Fillet Sandwich Bacon & Cheese Baked Potato Medium Frosty 1450 calories	VS.	Grilled Chicken Sandwich Plain Baked Potato Diet Coke 610 calories
Big Bacon Classic Great Biggie Fries Medium Frosty 1540 calories	VS.	Junior Hamburger Medium Fries Lemon-lime Soft Drink 790 calories
Taco Supremo Salad w/salsa, taco chips & sour cream 670 calories	VS.	Taco Supremo Salad w/ salsa 390 calories

Pizza Hut		
Italian sausage Big New Yorker Pizza (2 slices) 1060 calories	VS.	Veggie Lovers Thin 'n' Crispy Pizza (2 slices) 380 calories
Stuffed Crust Cheese Pizza (2 slices) 720 calories	VS.	Cheese Thin 'n' Crispy Pizza (2 slices) 400 calories
Arby's		
Roast Beef & Swiss Cheddar Curly Fries Vanilla Shake 1740 calories	VS.	Regular Roast Beef Garden Salad w/Italian Reduced Calorie Dressing Diet Cola 445 calories
Roast Chicken Caesar Large Curly Fries Vanilla Shake 1910 calories	VS.	Light Roast Chicken Deluxe Small Curly Fries Water 570 calories
Subway		
6" Classic Tuna Sub 450 calories	VS.	6" Turkey Breast Sandwich 280 calories
6" Cold Cut Trio Sandwich 440 calories	VS.	6" Turkey Breast & Ham Sandwich 290 calories
Dunkin' Donuts		
(16 oz) Coffee Coolatta w/ cream 370 calories	VS.	Iced Coffee w/skim milk 20 calories
(16 oz) Vanilla Bean Coolatta 440 calories	VS.	(16 oz) Strawberry Fruit Coolatta 270 calories
(16 Oz) Vanilla Bean Coolatta 440 calories	VS.	Diet Coke or Water 0 calories
Coffee cake muffin 710 calories	VS.	Bagel & jelly 390 calories
Blueberry muffin 490 calories	VS.	Reduced fat blueberry muffin 450 calories (not much difference!)
Banana Nut muffin 530 calories	VS.	Glazed donut 180 calories
Corn muffin 500 calories	VS.	Apple Danish 250 calories

Member organizations of "Rhode to Health" are: Bradley Hospital, Butler Hospital, Care New England Wellness Centers, Eleanor Slater Hospital, Kent Hospital, Landmark Medical Center, Memorial Hospital of RI, Newport Hospital, Our Lady of Fatima Hospital, Rehabilitation Hospital of RI, RI Department of Health, Rhode Island Hospital, Roger Williams Medical Center, St. Joseph Hospital for Specialty Care, South County Hospital, The Miriam Hospital, Westerly Hospital, Women and Infants Hospital of RI

"Rhode to Health" accepts no responsibility for the accuracy of the calorie values assigned herein. The values as of April 18, 2003 were obtained directly from the food vendors and are believed to be correct but are not guaranteed and are subject to change.